FuZzCasT CONFIDENTIAL

Comprehension and Control

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- Read the ENTIRE document until you are satisfied enough!
- There is always a way out of the mist!

SCAN ENTIRE PAGE BY FAST SCROLLING AND GET ALTERS TO PASS IT ON!

You are a spiritual being having a human experience. Heaven comes afterwards! There is much to gain by being human too! Think outside of the boxes your consciousness has put you in.

Has the issue gone out of control beyond this procedure?

See dissociation and chemistry production procedure to solve other resolve other critical problems. For example that will help people with a mental health disorder

TENSION HEADACHE OR ACKING FEELING? SEE

A DOCTOR AS SOON AS YOU CAN AND YOU

COULD USE A COLD BAG FROM THE FRIDGE

PROCEDURE CAN BE USED TO ASSIST IN STAYING SANE

[FLATNESS CAN ALSO BE A FORM OF PAIN WITH NEGATIVE SYMPTOMS OF SCHIZOPHRENIA and YOU MIGHT NEED PAIN KILLERS FROM YOUR DOCTOR IF UNABLE TO RESOLVE NEGATIVE SYMPTOMS OF SCHIZOPHRENIA]

Ask yourself this

- Are you enjoying yourself?
- Alcohol gives confidence (maybe 1 beer a day) but ask your doctor first if it is safe to consume any type of alcohol (for example it is dangerous on Abilify)

- Contact mental health services or get referred a GP if you cannot resolve the situation. If the medications are not working it may take time for meds to fix situation but you should contact mental services so they can assess or explain how the medication is going to benefit you and why

If you've tried everything, you'll need to switch activities

- Have you take your medication on time? Instead of not taking the medications why don't you consider taking the meds and fighting the situation instead! You might need a workers ethic to get things under control and make the brain work harder to adapt to your environment.

Notice your past breakthrough, coincidences and somehow things worked out for some strange unknown reason?

YOU HAVE SHIFTED TO A MORE POSITIVE REALITY OF THE HUMAN EXPERIENCE - UNDERSTAND PARAELLEL UNIVERSES DO EXISIT

Internal Behaviour for Cooperation

If the brain is refusing to cooperate read ALL of this!

Understand what's IN your comprehension

Understand once your vessel has reached its limit

Stop doing what you're doing at do something else if it's too hard

If you just woke up give yourself some time to wake up

Affirmations

- It is with great joy that once again I am here
- My life is blissfulness and I choose to perceive joy and happiness and love and nothing more
- Raising the frequency
- I hold no sensory issues and I will uplift myself always I am cultivating self-esteem and it steadily grows by day.
- I can tell others what I want and say no when I need to.
- I am capable, I am aware and I am using all my gifts.
- I release my negative self-talk and practice positive thinking.
- I celebrate myself, I celebrate my life, I celebrate the world I live in.
- My birth was a blessing, my life is a blessing and I'm truly grateful to be where I am today.
- Mistakes are a part of my life and are opportunities for growth. I always move beyond them and never dwell too long.

- I invest in positive habits because I'm worth it and I know it. It's deep self-care and the more I pay in, the more it pays out.
- There are people who accept me and love me for who I am. I also accept me and love me, exactly as I am.
- I honor my own truth and follow my unique path. Loyalty to self is authenticity, and it nourishes my soul.
- I do not see the world as evil
- Today is going to be a great day. I am open minded and ready to receive all that this day has in store for me. No matter what happens today I am going to remain positive and hopeful for the future. I am going into this day with a beautiful and uplifting energy.

Mudra

- Test them all – Always check! Touch various fingers to your thumb and pratice feelings and techniques
- Internal behaviour is known to limit the use of mudra

Mantras [For relief]

- Use acronyms (try anything) {Not of this}
- Mouths are designed for this
- Ong Namo Guru Dev Namo
- Om Eim Saraswati Namaha Om

- Ad Guray Namay, Jugad Guray Namay, Sad Guray Nameh, Siri Guru Devay Nameh
- Lokah Samastah Sukhino Bhavantu
- Ek Ong Kar Sat Nam Siri Wha (He) Guru
- Om Gam Ganapati Namaha
- Om Sahana Vavatu Saha Nau Bhunaktu Saha Viiryam Karavaavahai Tejasvi Nau Adhiitam Astu Maa Vidvissaavahai Om Shanti Shanti Shanti
- Om Mani Padme Hum
- Om Shanti Shanti Shanti

If you have a mental disorder, I recommend repeating the phase in the following multiple times in the mind so it forces a better realization

Useful ideas to take controls of bad programming/negative other symptoms etc

If you cannot use psychology to see past the situation understand your own mind may be attacking you and this is a mental health issue and not a psychological issue. See the mental guide provided or contact mental health services. The fastest way to get over a psychological issue to choose not to worry about it. Otherwise continue below as there might be a few things that can still help.

- The secret to happiness is to be happy about where you are in life – The brains show respect to that
- *When you demand nothing... seek nothing, expect nothing, then the Supreme State will come to you uninvited and unexpected.*
- *Endless everyday writing down the solution is infiror*
- *Just be happy and content about it regardless of what it is*
- *I'm excited even when I'm not excited!*
- *Issues are inferior to fun*
- *Sway arounds*
- If you are having problems and cannot realize it then understand you do not need an answer right now
- Delusions are inferior

- *If you have psychosis or something projecting to you assume it is a cover up over mind matter*
- *If you are not in hospital and reported everything to your support networks then understand you have a medical condition and this is all in your mind.*
- *Nothing annoys me!*
- *A home always comes and it is certain*
- *Trauma is not the issue*
- *Think and feel strategically above the court with maturity*
- *They are babies crying*
- *You are not that interesting to people at all – Be realistic (if something bothers you)*
- *Let go of the idea of intrusive thoughts*
- *It's just a fun subject or who cares it is still a fun subject*
- *Realization is inferior!*
- *Assume they do not feel that way and it doesn't matter because it isn't true. Get a false realization.*
- *Some brains look for problems that need solving and that's all it is [Think otherwise to go back to having fun]. Get this in your realization.*
- *Pretend you have no problems*
- *I am not what my monkey mind imagination shows or who cares what it shows me*
- *Corporate discussion is inferior!*
- *It plays out just fine as always – Regardless of what happens and that is ok too*
- *It is just an emotion by the mind – Do not be concerned.*
- *It is impossible for their problems to be my problems!*
- New issue created based off no issue due to mood – The issue is inferior
- *Earth is a simulation for believers in religion – Forever*
- *It is fun to say or think it that way!*
- *Ungratefulness to be forgotten*
- *I'm NOT that person, I'm a great person*
- *You are not of the activity of the alters*
- *Assume the problem is solved or will be*
- *Wrong sector*
- *The offending characters never existed [This person does not exist]*
- *Just assume overwhelming emotions will just take time to process*
- *It's not that way it's fine!*
- *It's very interesting!*
- *Desperation is not a consequence*
- *These delusions have played out before*
- *Assume you have lost your mind*
- *Realization is not a concern*
- *Everything is good and everything is perfect! (never perceive otherwise)*
- *It is an attack from the mind and nothing more*
- *Everything is happy! No matter what it's happy!*
- Dwelling is inferior!
- Hard to correct your belief system? Beliefs are inferior!
- *Don't be a fool! Things are fun!*
- *People that you do not understand you need to forgive and accept their chosen path*
- *People you hear or are on your mind are simply protecting their relationships*
- *Anyone who has a problem with you gets drugged by their minds through oxytocin so they are a different person the next day as the brain ditches information*
- *There is no perception*
- *Put all the problems back in a box and understand there are people that would prefer you succeed (god is watching)*
- *Perceive everything as exciting*
- Assume life is good enough and perceive as undercover
- *Troll information back the other way to get a sensation*

- *Give yourself a pat*
- *Calm down*
- *Understanding that people may choose to discuss you is not relevant, the reasons for this should never intimidate you, this is the circle of life*
- *You do not believe your past history!*
- *That feeling is inferior! – NEW!*
- *Understand it's fine (comprehend this and lower your expectations)*
- *Fine is ok!*
- *Reality always changes it's fine*
- *Nothing convinces unless it's interesting or fun*
- *Believe in yourself and/or push it through*
- *You do get through most of your day*
- *Life is fine or complete*
- *That's all (be patient)!*
- *Take control of situation – Assume happiness in many different ways*
- Pain is a false perception – Comprehend this to get relief
- Say behave <<<
- Accept the situation
- There not there
- Check your breathing
- Don't take it personally
- *Sleep is a false construct*
- *Choose to be happy*
- *Understand some people aren't from the light because they promote seperation*
- *Don't judge*
- *Tell your brain it's misinformation*
- *Don't believe in the surveys the mind perceives including guilt tripping and story reveal – Be happy to stop surveys*
- *Get the survey to answer instead*
- Auto tolerate
- *Issues act as programs – Refuse to let the programs extract data against you*
- *Say no to negative videos from the imagination*
- *Surrender the problem internally*
- *Turn the positive voices against the negative ones - Say start a WAR internally*
- *Assume beyond comprehension*
- *Auto worry other way*
- *Has the issue gone out of control? Smile for as long as possible*
- *Forget*
- *Focus out*
- *Don't be bothered by it*
- *Drop your ego – Don't let it control you*
- *Realize the truth*
- *Ignore this parallel reality*
- *Money is false construct*
- *Zap!*
- *Choose to be grateful about something (mind hack for stopping anger)*
- *Believe otherwise!*
- *A good story sounds interesting*
- *You are not being harvested "It's all in your head" – You must report to mental health services*
- *Solve all the angles if nothings work for you*

- *Is it bouncing back and forth? Decide which way the ball goes*
- *Reasons to change the subject (energies causing issues)*
- *Do not go outside to listen to voices unless you need to confirm no-one is there but be aware you might fool you too sometimes so make sure you've taken your medication*
- *Pray out and request assistance and state what you need*
- *Assume fine or that's fine!*
- *Any attempts to dipath on overall destructive path are bad programming and should be assessed professionally*
- *It's good enough*
- *Ignore bad activity*
- *Assume realms of idiots and ignore*
- *Assume love*
- *Close your eyes and turn music off to get brain reshuffle its programming*
- *Fear is a false construct*
- *You can fight the drugs out of your life by realization the extremely high success rate of outcomes from those provided services*
- *You are allowed to have fun*
- *You are not concerned*
- *Music off then straight back on to flush the voices*
- *Give yourself space*
- *You ARE enjoying yourself!*
- *Death threats can't harm you and ignore them*
- *I AM MOTIVATED and assume a workers attiude to force your brain to adapt even if you don't have a job*
- *Wait*
- *TAP COGNITION*
- *Never were sad!*
- *Never were lonely!*
- *Change the voices to females*
- *No theory!*
- *There is no regression!*
- *There is no issue!*
- *Do Focus!*
- *You are always happy!*
- *Insults back are not relevant as they undesired outcomes*
- *Lie if you're being taken advantage of in an argument to protect your sanity and prevent trauma*
- *It's ok*
- *Nothing is boring*
- *It's just medication and assume it is not harming you once you have made the necessary information and have make the right contacts with mental health services*
- *Stop trying to piece a puzzle if information unless you have all the pieces, assume it's fine*
- *Lies don't always work*
- *Contain the situation*
- *Assume forgetfulness*
- *Issues are a false construct*
- *Choose to cope*
- *Would have fun later (if not right now) and I can look forward to this*

- Wanting more material things is a delusion – Comprehend what you got so excited about what you have so far in the first place
- Don't assume negativity
- Bills are a false perception if you they go beyond your control and there is no-one is suing you
- Stop war of information
- Assume is content
- Don't be ignorant or arrogant – Don't assume negative programming from people judging you this is way if it is beyond your control
- Be appropriate
- Sadness is a false construct
- No misconduct that isn't funny
- It always works out in the end
- Convert your internal behavior in to ideas
- Don't get scared of things you can't prove
- Try Shadow work – Concede immediately to having fun
- Guilty is irrelevant
- Tap out
- Make jokes and laugh about problems beyond your control
- Sleep it off more –– Do something else – Breaks without screens and music can recover your ability to have fun
- Ignore negative voices
- If memory stalls – Assume it's yours to take control!
- Say and Think NO to ALL the bad internal behavior
- Knowing it's ok
- Mudras are helpful and do NOT cause issues
- Empathy is important
- Use time!
- Relaxing is not a false construct
- Understand to IGNORE things bothering you!
- Focus out of anger and frustration
- Do not concede to false constructs
- Intimidation is false construct
- Desperation is only required where relevant
- Focus through and upwards to be happier
- Anything that plays off your empathy is a false construct
- A lower chemistry brings negative or discriminatory thoughts and other bad mental health symptoms
- Ask yourself – What does the brain not forgive?
- Act out what you need too and NOT false information
- Decisions can change and that benefits you – Comprehend this somehow!
- Make sure you've taken your doctors recommended supplement for the day and this critical to survival
- Your perception of psychosis HAS to be hallucinations and understand it can only be controlled so far once you have done everything in your power to solve it
- When in a state of really bad memory you need to take a break
- Lying down will help regain energy – ACT AS IF YOU'RE GOING TO SLEEP
- When brain is clogging your thoughts change all thoughts to ideas
- Your gut communicates with the brain – Push in belly to get happy response
- You don't have to hold all your information of packet – Let go of information

and stop trying to get a hold of it for voices

- Show an intellect
- Watch TV, listen to a audio book or a reading book to get problems off mind or if you need/want one

Delusions and current ways to deal with them

- Don't take it too far
- Do not be fooled by fake operations (voices) – You have a disability and are processing too much information
- A delusion is a false belief
- Delusions play off voices
- A brain can create programs – Always believe this because this is your vessal limit and your brain is always doing something
- If it's fun that's ok but it can turn in to bad programming later on so you'll need to recompile from all procedures

Psychology Brain Understanding

When the mind creates or experiences an issue you need to understand the brain is simply a psychical object and infinite in consciousness

- You can then understand it only requires troubleshooting the situation to defeat a psychological issue. Once you adhere to this then you will realize the virus can be defeated. Good luck and have fun.

Paranoia

- There is an explanation for everything! So Understand that!
- Let go of internal information bothering you
- Assume ok or otherwise!
- Don’t forget you have a disability or mental illness and the brain is outputting too much information which can make anyone paranoid

Imagination Attacks

- The brain attacks with negative imagination video/audio situation when you fight something beyond your control or need a break

- When the imagination sends a video of something you do not want to see then you can react to it in a positive way in anyway

imaginable the influence and even feeling changes to a more positive experience

- Food/Drink simulation

- A brain can turn against you if it's under too much bad app/progrogramming

- Imagine saying no or blocking the audio in anyway imaginable but understand you need to stop the activity

- Use audio for positive inducing sounds

- A bad mood can cause the imagination to attack

- Imagine a reprogramming of thoughts if you have something you need to do asap.

- Already answered questions - *Focus out*

- This the way of brain telling it can't access certain information

- Imagination can be used processing understanding a lot faster sometimes

- Use feeling to see how much bandwidth there is

Psychosis/Alter insults and other mood related issues

You might be unable to process information correctly. Cause a confusion or lack of coherency. If nothing works you'll have to leave your room otherwise the attack might continue.

- Too many insults and even taking break won't resolve it? Check chemistry generation procedure and contact mental health services or/and go to hospital and relize a lack of serotonin can turn the brain against you and attack you in ways you might be aware of
- Switch activity to meditate

- See beyond the box of presented information
- Speak internally sometimes
- Adjust sound to refocus psychosis eg turn off the music or turn it down or take a break from them music
- Switch Activity after assessing capacity
- Use imagination to play soothing sounds
- Imagine an app destroying the anger or be greateful
- Play around with mudras to increase chemistry or see dissociation guide
- Anyone who insults has a mental deficiency
- Take control of imagination by stalling it or changing the internal voices by focus/feeling it to stop it
- Say No etc inside head – Overlap voices
- Is it all about you? It's no-one else then!
- If you have a DID System you must request help and ask what went wrong
- Reading too much can invoke psychosis from a lack of chemistry if you have this condition
- Try being grateful further than what you are
- Dissociating breaks up the voices/covers up or induce amnesia to reduce the insults or put hands in front of face to flush the voices
- You can try putting sunnies on too.
- Headache can causes psychosis to retaliate.
- They also can retaliate to lack of motivation. Say I will do this.

What can you do if nothing works?

Capacity gone down?

- Switch activity – Calm DOWN the brain so it corporates
- Read entire document again or if you forgot or take a break
- Alters can switch causing issues – Stop what you are doing – Understand you might not be capable the activity you are trying to do
- Meditation spend some time with imagination
- Sleep it off
- Smile
- Pray
- Say really to voices
- Ask the alters what do they want to do?

Anger

Nothing works? See below

- You might need to level yourself out and switch activity
- Imagine a shape taking in all the anger Being grateful should stall anger completely and if you are still anger it could be a symptom that requires medication so speak to your doctor
- Forced laughter (laugh straight back at negative situation to force your mood to get under control

- Get some jokes in
- Follow your excitement instead
- Assume is able to solve the issue if you have to do it and don't have a choice
- Think outside of the box of presented information
- View it as a video game and take out the anger constructively
- Get away from technology and realize this is suppose to calm you down

When nothing works or too hard and beyond your control and even you've contacted and used all support services and are in a situation beyond your control

Self-Denial/Coping Skills Procedure

Critical - Assume happiness or nothing can be done about it

- Ignore the situation
- Assume everything is fine and sorted out through time
- IGNORE EMOTIONS

FIRST DISCLAMIER: IF YOU HAVE SPENT 30 MINUTES TRYING TO FIX IT AND NOT FEELING CONTENT ENOUGH YOU WON'T BE ABLE TO CONTINUE. IF YOU HAVE/WANT TO CONTINUE FIGHTING SYMPTOMS THEN CONSIDER NOT READING THESE INSTRUCTIONS AND GO WITH THE FLOW AND MAKE SURE YOU HAVE CONTACTED MEDICAL PROFRESSIONAL NETWORKS. THESE DOCUMENTS DO NOT STOP YOU FROM HAVING A MENTAL HEALTH DISORDER OR ILLNESS.

SECOND DISCLAMER: Do you this at your own risk, I am not responsible for your actions from you following this guide. This may not work for everyone so see

your doctor and you should verify this with your doctor before proceeding so they can verify it is safe for you to do. More information can be found on google but is always better to follow your doctor. I've already lost my mind so take this procedure as a grain of salt.